

Bean Burrito Bowl - USDA Recipe D120A

Meal Components: Vegetable - Red / Orange, Vegetable - Beans / Peas, Vegetable - Other, Grains, Meat / Meat Alternate

D12A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned low-sodium pinto beans, drained, rinsed	5 lb 8 oz	3 qt (1 1/4 No. 10 cans)	11 lb	1 gal 2 qt (2 1/2 No. 10 cans)	1. Combine beans, onions, garlic powder, pepper, seasonings, water, and tomato paste in a medium stock pot. Stir well. Simmer over medium heat uncovered for 15 minutes, stirring occasionally. 2. Critical Control Point: Heat to 165 °F or higher for 15 seconds. 3. Critical Control Point: Hold for hot service at 140 °F. 4. Set aside for step 13.
*Dry pinto beans, cooked (See Notes Section)	5 lb 8 oz	3 qt	11 lb	1 gal 2 qt	
*Fresh onions, chopped	3 oz	1/2 cup 1 Tbsp 2 tsp	6 oz	1 cup 3 Tbsp 1 tsp	
Garlic powder		1 1/2 tsp		1 Tbsp	
Ground black pepper		1 tsp		2 tsp	
Chili powder		1 1/2 Tbsp		3 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	

Onion powder		1 1/2 tsp		1 Tbsp	
Salt		1 tsp		2 tsp	
Water		1 qt 1/2 cup		2 qt 1 cup	
Canned no-salt-added tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/8 No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	
Water		1 qt 3 cups		3 qt 2 cups	5. Boil water for step 7.
Brown rice, long-grain, regular, dry, parboiled	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	6. Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 1/2"). 7. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly. 8. Bake: 9. Critical Control Point: Heat to 165 °F or higher for 15 seconds.
Fresh cilantro, finely chopped	1 oz	1 3/4 cups	2 oz	3 1/2 cups	10. Remove rice from oven. Fold cilantro into rice. Set aside for step 12. 11. Assembly: 12. First layer: 13. Second layer:

Reduced-fat cheddar cheese,
finely shredded

8 oz

2 cups

1 lb

1 qt

15. Garnish each burrito bowl with 1 Tbsp of cheese.

16. Serve 1 burrito bowl.

Notes

*See
Marketing
Guide
for
purchasing
information
on
foods
that
will
change
during
preparation
or
when
the
variation
of
the
ingredient
is
available.

Cooking
Process
#2:
Same
Day
Service

Serving

NSLP/SBP
Crediting
Information:
1
burrito

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Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Dry pinto beans	5 lb 8 oz	11 lb
Mature onions	4 oz	8 oz

Serving	Yield	Volume
See Notes	25 Servings: about 12 lb 12 oz (bean mixture) 50 Servings: about 25 lb 8 oz (bean mixture)	25 Servings: about 1 gallon 2 quarts 3 cups (bean mixture) / 25 burrito bowls 50 Servings: about 3 gallons 1 quart 2 cups (bean mixture) / 50 burrito bowls

Nutrients Per Serving					
Calories	236	Saturated Fat	1 g	Iron	5 mg
Protein	12 g	Cholesterol	5 mg	Calcium	193 mg
Carbohydrate	46 g	Vitamin A	1408 IU	Sodium	352 mg
Total Fat	3 g	Vitamin C	23 mg	Dietary Fiber	9 g